

ICAN WOMEN'S LEADERSHIP CONFERENCE HOW FULL IS YOUR BUCKET? APRIL 11, 2007

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TO: All Participants

FROM: Evan Perkins, Gallup Intellectual Best Practices Program

RE: Reproduction of Gallup University's "How Full Is Your Bucket?" booklet

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HOW FULL IS YOUR BUCKET?

MY NAME, MY WORLD, MY BUCKET

WHAT THINGS FILL YOUR BUCKET?						
THREE IMPORTANT ASPECTS OF YOUR LIFE						
NAME						

HOW FULL IS YOUR BUCKET?

UNIQUE NEEDS

- Rate each item using a + for preferred and a - for not preferred. You can use as many + and/or - as you need.

+ Preferred

- Not Preferred

HOW TO TELL ME

- _____ Tell me in front of a large group.
- _____ Tell me in a written note.
- _____ Tell me one-on-one.
- _____ Tell me in front of my family, friends, or significant others.
- _____ Other _____

HOW TO SHOW ME

- _____ Show me with money.
- _____ Show me with a gift certificate.
- _____ Show me with a new title.
- _____ Show me with a dinner certificate I can use with my family, friends, or significant others.
- _____ Other _____

WHO NEEDS TO KNOW?

- _____ My peers need to know.
- _____ My manager needs to know.
- _____ My company's president needs to know.
- _____ My family, friends, or significant others need to know.
- _____ Other _____

HOW FULL IS YOUR BUCKET?

UNIQUE NEEDS

- Now think about someone you know. Rate each item using a + for preferred and a - for not preferred. You can use as many + and/or - as you need.

+ Preferred

- Not Preferred

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HOW FULL IS YOUR BUCKET?

FIVE STRATEGIES TOOL KIT

Strategy One: Prevent Bucket Dipping

Strategy Two: Shine a Light on What Is Right

Strategy Three: Make Best Friends

Strategy Four: Give Unexpectedly

Strategy Five: Reverse the Golden Rule

HOW FULL IS YOUR BUCKET?

STRATEGY FIVE: REVERSE THE GOLDEN RULE

■ The Bucket Filling Interview

Identify a person or the people who you want to take through the Bucket Filling Interview. Set a time and make it happen!

The Bucket Filling Interview Questions	Answers
1. By what name do you like to be called?	
2. What are your “hot buttons” — hobbies or interests you like to talk about a lot?	
3. What increases your positive emotion or “fills your bucket” the most?	
4. From whom do you most like to receive recognition or praise?	
5. What type of recognition or praise do you like best? Do you like public, private, written, verbal, or other kinds of recognition?	
6. What form of recognition motivates you the most? Do you like gift certificates, a title for winning a competition, a meaningful note or e-mail, or something else?	
7. What is the greatest recognition you have ever received?	



Go to www.bucketbook.com to print The Bucket Filling Interview in standard and wallet size (under Tools and Tests).

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